



4 - Thailand visit



6- VOM

Brief Notes

Paving work from April 4-27 will be performed on **Wisconsin Loop, which passes by the Fire Station and BEQ (Bldgs. 1604 and PW 63) in the Hirase area of Main Base.** This construction area is reduced to one lane traffic from 8 a.m. to 4:30 p.m. each working day.

We remind you to please be attentive to the directions given by the flagmen and follow safe driving practices when driving through areas under construction.

Your patience throughout this construction work is appreciated. For further information regarding this paving work, contact ROICC at 252-3469.

Road Tax

Road Tax 2005 is April 18-20 at the Showboat Theatre. There will be two opportunities to pay: 9:30 - 11:30 a.m. and 1 - 3:30 p.m. The following documents will be required: Vehicle registration, JCI, 2004 road tax receipt (two colors: yellow-automobile tax stamp and white-light vehicle tax stamp) and liability insurance. Only payments in yen will be accepted. **See tax table, Pg. 7**

USO Notes

USO Nimitz Park is now closed Mondays and Tuesdays.

USO is seeking a **volunteer translator** to assist with the English outreach to Gion Elementary School. Please contact Courtney at 090-8914-8378.

The **Scrapbook group** meets April 4 from 10 a.m.-2 p.m. and 5:30-9 p.m.

Movie night will be held at the Fleet Landing every Wednesday at 7:30 p.m. Free popcorn and drinks will be served. This week's movie will be **'Tombstone.'** Call 252-3866 for more information.

The **USO** is looking for volunteers Monday-Friday from 10 a.m.-5:45 p.m. Call 252-3866 for more information.

If you can sing, dance, tell jokes or play an instrument, stop by the USO Fleet Landing and sign up for the **Sasebo Idol** talent contest! Auditions begin April 20.

For info on these or any other **USO programs** or services call Bridgett at 252-3866.

DUI Counter:
103 days as of March 31

Essex, 31st MEU slither into Thailand



A Thai snake handler kisses the head of a King Cobra at a "Cobra Show" in Phuket Town, Thailand, Mar. 21. A bite from the King Cobra (Hamadryad) delivers enough venom to kill 20 people or an elephant. USS Essex (LHD 2) wrapped up a 4-day visit to Phuket, Mar. 23, and continues the transit home after being deployed for seven months in support of Operation Iraqi Freedom in the Persian Gulf, and delivering humanitarian relief supplies to the northern areas of Sumatra as part of Operation Unified Assistance. Essex is the Navy's only forward deployed amphibious assault ship out of Sasebo, Japan, and the flagship for Amphibious Squadron ELEVEN. (Official U.S. Navy Photo by Photographer's Mate Third Class, Travis M. Burns)

JOC (SW/AW) Christina Johnson USS Essex Public Affairs

USS Essex (LHD 2) crew members and embarked 31st Marine Expeditionary Unit (MEU) personnel wrapped up a four-day port visit to Phuket, Thailand, Mar. 23.

The majority of Essex Sailors and 31st MEU personnel spent most of the visit in Patong Beach, one of the coastal areas

most heavily damaged by the Dec. 26 tsunami, now largely restored.

"They did a good job cleaning up the area," said Interior Communications Electrician Second Class Eric J. Keef. "It didn't look like a tsunami had hit the area nearly three months ago. I would have liked to have had more time to take advantage of everything the area had to

offer."

Some of the offerings during the four-day period included elephant rides, whitewater rafting, and a Thai cultural tour that featured animals indigenous to Thailand.

"I thought the [cultural] tour was

*Please see **Essex**, Pg. 4*

High year tenure change to improve advancement

Sharon Anderson Chief of Naval Personnel Public Affairs

To encourage competition, increase advancement opportunity and motivate Sailors to convert to ratings with the greatest advancement potential, the Navy has changed the E-5 High Year Tenure (HYT) policy from 20 to 14 years of service.

This new policy goes into effect July 1 for active-duty Sailors, and Full Time Support and Naval Reserves serving on active duty for at least two years. Selected Reserve HYT is not affected by this change.

The plan will be phased in over four years allowing Sailors eight advancement cycles to reach E-6. Sailors with ten or more years of service as of July 1 will be grandfathered, allowing them to remain on active duty to reach retirement eligibility.

"The grandfathering of these Sailors

recognizes the commitment to a Navy career by those who have already served half their careers under the present system," said Vice Adm. Gerry Hoewing, Chief of Naval Personnel to senior Navy leadership. "We are providing opportunity for Sailors to advance in the next eight cycles, as well as encouraging conversions from crowded fields to ratings that provide greater advancement opportunity."

Advancement opportunity to E-4, E-5 and E-6 is expected to increase with the change. It is expected that the time it takes to reach E-6 will drop by six months once the change is fully implemented. At present, it is at 9.8 years.

"Our smaller active force mandates reduced HYT as a tool to properly manage quality and increase competitiveness, reinforce promotion flow-points and improve advancement opportunity for E-4, E-5 and E-6," said Hoewing. "Quality and competitiveness will receive

additional emphasis and further ensure enlisted communities maintain healthy career progression."

The Navy estimates approximately 1,520 E-5 Sailors will be affected by the HYT change after the transition period ends. A decrease of about 600 fewer retirements is expected once the new policy is fully implemented in fiscal year 2009.

While waivers to HYT dates may be requested via the chain of command to Navy Personnel Command, they are rarely granted and only if justified by mission readiness requirement.

For more information on the HYT adjustment see NAVADMIN 056/05 available soon on the Web at: www.persnet.navy.mil/navadmin/navad05.html. Complete information on the Navy's high year tenure policy is contained in Military Personnel Manual (MILPERSMAN) 1160-120.

CNO says the future Navy is the right Navy

Released by CNO Public Affairs

Today's Navy is creating the right Navy for the future and the country, Chief of Naval Operations (CNO) Adm. Vern Clark told military and industry leaders at the annual Navy League of the United States Sea-Air-Space Exposition luncheon held March 24 at the Washington D.C. Marriott Wardman Park Hotel.

"Ensuring Global Access," the theme for this year's Sea-Air-Space Exposition, is the key to the effectiveness of the Navy's sea basing efforts for projecting power ashore from the maritime domain. "In it's simplest terms, anything that floats on, under or is in the air operated from our area is the sea base, and the sea base is all about our ability to exploit our advantage of maneuver space," Clark explained.

Comparing notes with his speech at the same event four years earlier, Clark told the audience the Navy is heading in the right direction. Reviewing his 2001

address, he had said then, "I've never been involved in a joint operation where access was not an issue. Anyone contending with the United States in the future has to think about anti-access. It's a serious challenge for the United States military, but the Navy has some things going for it."

Clark said the Navy has learned a great deal in the past four years from the lessons of USS Cole (DDG 67), 9-11, Operation Enduring Freedom and ongoing Operation Iraqi Freedom. "What we've come to believe about this access issue is that exploiting our strengths, our advantages in the maritime domain is more important than ever before."

Four years ago we hadn't conceived of a Fleet Response Plan... we didn't talk about the ability to surge," Clark said. Mentioning programs like LCS, DD(X), MPF(F) and LHA(R) he said, "This Navy, the Navy that we are building today, is being built from the keel up to provide this nation with assured access. I believe that the future Navy, the Navy that we are creating today, is the right Navy for the United States of America."

A key topic throughout the three-day event was the Navy's 30-year shipbuilding

plan recently submitted to Congress. "What we do needs to be good for the Sailor and for the taxpayer," he said. "We have learned in the past four years that there is a way to create much more operational availability and capability for the investment that the taxpayers have already made to their Navy."

Clark explained why the Navy no longer needs 375 ships, and what will determine

committed to the growth and development of Sailors and civilians who put the Navy's high-tech capabilities to work for the nation through a 21st century Human Capital Strategy. Speaking to industry leaders in the audience, he said that though they create the most "incredible technology ever, it won't be of any value if we don't have the young men and women, active and reserve, government civilians and the contracting structure who make it possible for us to have the Navy we dream about."

When I came here five years ago we were recruiting 57,000 people. This year the number is 37,000," said Clark. "Something remarkable has happened in our Navy. What has happened is the environment has changed in our Navy. Our young people understand that we made a commitment to them, that we are going to commit ourselves and this institution to their growth and development and give them a chance to make a difference for America. And they are responding to it."

Speaking at the exposition for the fifth time during his tenure as CNO, Clark thanked the Navy League and national president Sheila M. McNeill for their continuing support.

"Our Sailors, and for that matter our Marines, Airman, Soldiers and Coast Guard are watching the way Americans are responding to their labors representing this country in the far corners of this earth. Your message is unequivocal. Your message has sent them a clear indication that you support and believe in the sons and daughters of America."

fleet size within the 260 to 325-ship future Navy. "Sea Swap and the Fleet Response Plan have changed our Navy," he said. "We have literally bought much more operational availability with these concepts, so we can provide the same kind of combat capability for less than 375 (ships)," said Clark.

A smaller, more advanced Navy will be



The Navy's Chief of Naval Operations (CNO) (foreground) shares the stage with the National President of the Navy League of the United States, as he answers questions from attendees of the 2005 Sea Air Space Exposition luncheon hosted by the Navy League. (Official U.S. Navy Photo by Chief Photographer's Mate Johnny Bivera)

From Eta Jima to Kitty Hawk, mutual understanding in action

CNOCM(SW/AW) Mike Driscoll
Commander, USNFJ CMC

This past winter and early spring brought many opportunities for me to learn more about our host country's Navy and the service members who proudly serve in the Japan Maritime Self Defense Force (JMSDF).

In December, MCPOM Saga escorted me on a tour of Kure with visits to JDS Ohsumi and Eta Jima. At Eta Jima, I had the honor of meeting Command Master Chief Junichi Kaneko of the 1st Service School Command. In talking with him, I realized early on that there is not much difference when it comes to Sailors. It does not matter what country you're from. Love of country, love of her people, and love of the Navy are the same whether you are from Sasebo or San Diego.

The tour continued with a visit to the Maritime Officers Candidate School. I was able to look at and walk through the

very building in which Admiral Yamamoto studied as a young candidate. We ended the day at the Naval Museum where I had the honor and privilege of learning about the Imperial Navy's brave Sailors and the Self Defense Force's history. It is a museum that all Sailors, both U.S. and JMSDF, should see. The memorial

to Admirals Togo, Jones, and Nelson was impressive, and I will remember it for my lifetime.

At the start of the new year, I hosted MCPOM Saga on board the only forward-deployed U.S. Navy aircraft carrier, USS Kitty Hawk. We flew out on the COD (carrier onboard delivery aircraft) and caught the number four wire which brought the plane to a stop — MCPOM's first "arrested" landing.

We arrived about noon in the Flag Quarters where Rear Adm. Jamie Kelly, Commander Carrier Strike Group FIVE, hosted us with a very nice lunch and briefed the visitors on what we would see

that day. We observed flight quarters and had a chance to visit the ship's store for souvenirs. We were having a lot of fun spending that afternoon at sea and, as always, when you are having fun, the end of the day came too quickly. We were catapulted off the ship and returned to Naval Air Facility Atsugi with lots of memories of a great day.

In March, MCPOM Saga and I had the honor of being the Mess Presidents for the 2nd Annual Joint CPO Dining Out.

We were celebrating the 112th year of the U.S. Navy's chief petty officer rank and the second year of the Command Master Chief program with the JMSDF. It was a great evening with a lot of fun and camaraderie. Many old friendships were rekindled, and new friendships made. It was a tremendous opportunity to reflect and pay reverence to those who have gone before us, as well as a chance to look to the future and build on a strong kinship and love of the sea.

During the past year, both the Navy and JMSDF CPOs did a lot to foster our relationship with each other. In doing so, we will ensure that both our navies and their Sailors are given the opportunity to excel and to proceed through the ranks in order to maintain and sustain our joint presence and friendship.



USNFJ Command Master Chief

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SECNAV continues to make safety a top priority

JO2 (SW/AW) Rebekah Caruso
Secretary of the Navy Public Affairs

Secretary of the Navy Gordon England reaffirmed his commitment to safety during the Secretary of the Navy luncheon, hosted by the Navy League, March 22.

In 2003, Secretary of Defense Donald Rumsfeld challenged the armed forces to reduce their mishap count by 50 percent for FY '04 and FY '05. Although that timeline is almost over, England said the focus on safety and reducing mishaps continues.

"When the Chief of Naval Operations, Commandant of the Marine Corps, and I sat down and decided on our priorities for 2005, we placed safety third on the list, following the global war on terror, and homeland defense," said England. "This should show exactly how important the welfare of our troops is. I feel that Sailors and Marines are our most important resource, and that ensuring their safety must remain one of our top priorities."

During his first term as Secretary of the Navy in 2001, England elevated the importance of safety in the Navy and

Marine Corps by creating an independent executive branch solely for safety, naming Connie K. DeWitte as Deputy Assistant Secretary of the Navy (Safety).

The Department of the Navy is the only branch of the military to create an independent office focused on safety.

"When the Chief of Naval Operations, Commandant of the Marine Corps and I sat down and decided our priorities for 2005, we placed safety third on the list, following the global war on terror and homeland defense."

-Gordon England
Secretary of the Navy

"Our role is policy, oversight, advocacy and strategy for safety," said DeWitte. "While within the Navy and Marine Corps, we have varying cultures and need to take different approaches to issues and concerns, the overall goal remains 'mission first, our people and their safety always.'"

In addition, the secretary and his wife, Dotty England, established a monetary

award out of their personal funds and in collaboration with the Navy League and several corporate sponsors, that recognizes individual and unit achievements in the realm of safety every year. At this year's luncheon, one individual and two units were again

reducing mishap rates in the execution of more than 1.04 million production man-days. PSNS & IMF was also recognized as the first Naval shipyard to be accepted into the Occupational Safety and Health Administration Voluntary Protection Program, a nationally recognized program that promotes excellence in safety.

Marine Air Group 14 was recognized for an innovative leadership program that now serves as the model for mentorship at the non commissioned officer level throughout the Marine Corps. Since the inception of this program, private motor vehicle mishaps were reduced by 45 percent in the second half of FY 2004, and alcohol-related accidents were reduced. England praised the award winners for their commitment to safety, and called on all hands to take part in ensuring the safety of the Navy/Marine Corps family.

"I want each Sailor, Marine and civilian employee to serve as chief of safety for their organizations, themselves and their families. Simply put, every one of us must ensure the safety of ourselves and of our Sailors, Marines, civilian and family members, on and off duty."

Safety Corner: Avoiding the elements, accidents on the golf course

Charles Carr
CFAS Safety Department

Before you head out to the nearest golf course, you should keep in mind the dangers involved. There are four very real hazards on the golf course besides traps and bunkers. These hazards can cause you serious pain, injury and possibly even long-term problems!

The potentially serious dangers are the sun, lightning, golf balls and golf carts. Each has dangers that a player needs to be aware of.

The sun

Most golfers love the fact that they can get a tan while playing nine or 18 holes. This should not be looked at as a benefit. It should be recognized that the damage caused by the sun is long-term.

The most serious risk is obviously the threat of cancer. But there are also others

such as, wrinkling and dark spots.

Players should apply an abundant amount of sunscreen before and during their golf game. Figure about every six to nine holes, depending on how your game is moving along. Also, wear a hat and sunglasses to protect your head from the sun.

Lightning

Golfers need to be aware of this powerful force when on the open golf course. Because you are on an open field, there is a greater possibility of lightning striking around you.

-If you know that a storm is approaching, seek shelter in a building. Hiding in a golf cart is not seeking protection. Also, you will need to move away from your clubs and any nearby trees.

Do not wait for the storm to arrive! Your life is not worth losing simply to finish

"one more hole."

Golf balls

As silly as it sounds, getting hit with a golf ball is a serious matter. Many players and onlookers have been injured from getting hit with a ball. You can receive a concussion or at the very least, head trauma.

Golf carts

Most accidents and injuries from golf carts result from unsafe operation. They

are moving vehicles. The same rules of driving should apply to golf carts.

Don't ever let children drive your cart. You are responsible for the cart when you sign for it.

Most golf courses have their own golf cart rules and they don't want children driving. By acknowledging these hazards on the golf course and paying attention to everything around you, you can play safely.

Science symposium launches changes

Lara Deguzman
CFAS Public Affairs

More than 150 students from all over the Pacific presented their scientific research and posters at the 24th annual Junior Science and Humanities Symposium (JSHS) in Tsukuba City. This year the four-day symposium was organized to allow students to watch everyone's presentations and go on the field trips. E.J. King freshman Clara Martin and sophomore, Leif Bogen, kicked it off with poster presentations for the second year in a row. Leif's research project was on the "Test of the Effects the Environment Has on the Quantity of Fish Species in an Area." Being his second year in the symposium, he was

determined to try even harder to get into oral presentations and win first place.

"I now have a feel for what the judges are looking for in a research paper, it is going to take a lot of commitment and hard science, but I think I can do it," Leif said.

Only a freshman, it was Clara's second year to be part of the symposium to present her project on the "Benefits of Age in Pattern Recognition."

"The whole purpose of this project was to test children of certain age groups to see whether they will be able to replicate patterns," Clara explained. "If so, could there be any changes made in our current education system?"

Please see **Science**, Pg. 6

Fort Mac shows her 'colors'...



A Sailor assigned to the amphibious dock landing ship USS Fort McHenry (LSD 43), prepares to hoist the ensign during morning colors. Fort McHenry recently returned to U.S. Fleet Activities Sasebo (CFAS), after spending nearly three months at sea in support of Combined Support Force Five Three Six (CTF-536), providing humanitarian aid and disaster relief to the victims of the Dec. 26, 2004 tsunami in Southeast Asia and the 60th Anniversary of the Battle of Iwo Jima commemoration. (Official U.S. Navy Photo by Photographer's Mate Airman Marvin E. Thompson Jr.)

Harpers Ferry, Juneau visit to Thailand unites nations, families

Journalist Second Class Brian P. Biller
USS Harpers Ferry Public Affairs



A tour guide for a community service project and a gem factory supervisor show off some semi-precious stones before they are cut and polished. (Official U.S. Navy photo by Journalist Second Class Brian P. Biller)

USS Harpers Ferry (LSD 49), and USS Juneau (LPD 10) along with embarked Marines from the 31st Marine Expeditionary Unit (MEU) visited the port of Sattahip, Thailand, and nearby Pattaya Beach Mar. 22-26. The visit allowed Sailors and Marines a chance to enjoy the tropical city, participate in tours and cultural events, and enjoy great many of the world-class resorts.

One of the highlights of the visit was a community service project where Harpers Ferry and Juneau Sailors and Marines visited a school to paint and interact with the local community.

Sailors and Marines were treated to some authentic Thai cuisine including green Thai curry, sweet-and-sour fried catfish and fresh-cut fruits at the Ban Keaw School in Chantabury.

"I wanted to help out the local community," said Harpers Ferry Information Systems Technician First Class (SW) Jason C. Eichorn, who didn't let a few drops of rain put a damper on his afternoon.

"I wanted to interact with the kids," said 31st MEU Marine Sgt. Daniel C. Dyche.

According to event organizer, Peter H. Thorand, the event was a tremendous success. Thorund has been organizing events like this for visiting ships for the last ten years and has completed more than 300 projects.

"The turnout was excellent," said USS Juneau Chaplain Lt. j.g. Aaron D. Robertson, adding it was refreshing to see so many people volunteering their off duty time and was impressed with the generous spirit of the Sailors and Marines.

After the painting, Sailors toured a Thai gem factory, where semi-precious stones were cut and polished, and were also enticed by shopping in nearby stores.

In addition to the project, the Morale, Welfare and Recreation departments of the

two ships made available a number of tours, including diving, elephant rides and even one with an extraordinary tie to World War II history - the Bridge on the River Kwai and "Hell Fire Pass" tour.

The bridge, a World War II structure, was an integral part of the Burma-Thailand Railroad designed to logistically support the Japanese forces in Burma who were massing to attack India. The Japanese employed Allied prisoners of war (POWs) to construct the railroad starting in June 1942 and completed the line in October 1943. The railway was blazed through mountains and some of the thickest tropical rain forests in Thailand. The main draw of prisoners were British, Australian and Dutch soldiers who were captured early in the war at Singapore and the Dutch East Indies. Asian laborers were also pressed into the construction. Only 700 Americans were involved in this grim project, which had been mocked as the "Death Railway" by those who were slaving over its construction. In total, it is estimated that 83,000 POWs and laborers died in the 16-month project.

For one Marine, the tour to the site was a personal duty.

"I went because my great-grandfather was buried at the cemetery where we went," said MEU Service Support Group 31's Cpl. Mike J. Demello. His great-grandfather, a Dutch prisoner of war, died in 1943 building the bridge over the River Kwai. With 6,982 graves, Demello knew that actually finding the one he was looking for would be a challenge.

"I guess someone was looking out for me and I found it pretty quick," he said. "It felt great," Demello added, acknowledging that he would have never had the opportunity to make that visit if he hadn't been in the military and onboard Harpers Ferry.

"The historical impact brought forward a new spiritual dimension, when Cpl. Demello found his great-grandfather's grave at the War Cemetery in Kanchanaburi," said, MEU Service Support Group-31 Commanding Officer, Lt. Col. Alex Vohr. "Not only did we examine the remnants of the railroad project itself at the River Kwai and Hell Fire Pass, but we had a direct descendant of one of the fallen soldiers with us. It was a very moving experience for Cpl. Demello to find part of his genealogy at rest in Thailand."

Overall, the port visit was a success.

"The port visit went very well with everyone enjoying themselves, including visiting spouses from Sasebo," said Harpers Ferry Commanding Officer, Cdr. Humberto L. Quintanilla II. "I am pleased that we were able to make such an extraordinary opportunity available to our Sailors and Marines."

Part of the Essex Amphibious Ready Group (ARG), Harpers Ferry and Juneau completed a joint port visit for the first time since August 2004 while transiting back to their forward deployed operating base of Sasebo.

The ships, along with elements of the 31st MEU, have been deployed for eight months in support of Operation Iraqi Freedom.

Essex, from Pg. 1

fascinating," said Cryptologic Technician (Maintenance) Third Class Alexis L. Mille. "I especially liked the monkeys, because we were able to get close and feed them peanuts. It was pretty cool to see a water buffalo, too."

According to Essex Commanding Officer, Capt. Martin J. Keaney, Phuket was a perfect choice for a port visit.

"Phuket has remained one of the best tourism values in the world. Our Sailors and Marines enjoyed high quality first-class food, accommodations and entertainment at very reasonable prices."

This was also the perfect opportunity for Navy and Marine Corps personnel to show the rest of the world that Phuket was open for business.

"As the local officials and merchants told many of us," he said, "this is now the best tsunami relief the U.S. Navy could possibly send to Phuket - tourists!"

Essex continues the transit home after being deployed for eight months in support of Operation Iraqi Freedom, and delivering humanitarian relief supplies to the northern areas of Sumatra as part of Operation Unified Assistance.

Essex is the Navy's only forward-deployed amphibious assault ship, based out of Sasebo, Japan, and the flagship for the forward deployed expeditionary strike group.



31st Marine Expeditionary Unit (31st MEU) Marines, currently embarked on USS ESSEX (LHD 2), enjoy an early morning elephant ride along a stream during a four-day port visit to Phuket, Thailand. Elephant rides were one of many MWR tours offered during the visit. (Official U.S. Navy Photo by PHAN Stephanie Johnson)



Bring your camera along for some spectacular photos of 99 Islands from high above the ocean during the 99 Islands Overlook Hike on Friday, April 8. You and your family and friends are sure to enjoy this leisurely walk under the guidance of a seasoned Sailing & Outdoor Adventure Center staff member. The hike is scheduled from 3:30 to 5 p.m. and costs \$5 per person. For more information, call 252-3500.

Ladies from Hario want revenge after their heartbreaking loss to the Main Base ladies in the first ever Sasebo Powder Puff Flag Football game held last month at Nimitz Park. The two teams will meet again on the field at Nimitz Park at 3 p.m. on Saturday, April 9. All hands are encouraged to turn out in support of their favorite team. Admission is free. For more information, call 252-3588 or 252-8960.

Sign up today for the Strawberry Picking and Daifuku Making (strawberry mochi) trip scheduled for Saturday, April 9. Cost is \$22 for everyone five and older and only \$12 for children under the age of 5. Seating is limited, so sign up right now with Travel & Tours to guarantee a seat. For more information, call 252-2433.

Enjoy the festivities at the Second Annual Sasebo Spring Break Bash, hosted by Galaxies Club, at Nimitz Park on Saturday, April 9 from 1 to 7 p.m. You'll be treated to live entertainment by "URV" and "Subject To Change" (a great rock 'n roll band comprised of talented USS Essex Sailors) while you enjoy a good selection of food and beverage products. Sports fans can participate in a variety of sports challenges throughout the afternoon as well. For more information, call 252-2980.

Youngsters ages 5-9 are welcome to participate in the 'Trek Around The World' Spring Break Program from Monday, April 11 to Friday, April 15 at the Main Base Youth Center. Transportation will be provided from the Hario Youth Center. Youngsters have until April 6 to register (call one of the Youth Centers for fee information). Children will experience a different country each day, learning through music, games and food. Children and their new Japanese friends will enjoy a cookout at Nimitz Park on the last day of camp. For more information, call 252-2989.

Enjoy a fine selection of delicious lunch specials during the month of April, prepared by Harbor View Club Executive Chef Charles Yost and his team of culinary professionals. Every Monday in April, feast on Hawaiian barbecued tri tip steak. On Tuesdays the special is ginger shoyu pork with steamed rice. The Wednesday special is rainbow rotelli Gorgonzola. Every Thursday in April you can enjoy BBQ spicy Asian noodles with chicken & peppers. The Friday April special is blackened mahi-mahi with chipolte Chile sauce. Harbor View lunch specials are served Monday through Friday from 11 a.m. until 2 p.m. Price is \$6.95, including one trip to the salad bar and your choice of iced tea or coffee. All entrees accompanied by chef's garnitures. For more information, call 252-3965.

Sign-up now for the Space World Amusement Park trip, scheduled for Thursday, April 14. Space World is the only "Space" theme park in the world. Located in Kitakyushu City in Fukuoka, the huge amusement park features several roller coasters, including the Space Coaster and the Titan, a monster ride that zooms down from a height of 60 meters at a blazing 115-kph. There are many other great adult rides to enjoy as well. The little ones are sure to enjoy Lucky Land, filled with many fun rides and costumed characters from 'outer space.' There are also several restaurants, gift shops, museums, theaters and more. Cost for transportation and a one-day pass is \$30 for adults, \$20 for children ages four to 11 and \$5 for youngsters three and under. The bus will leave the Harbor View Club parking lot at 7:45 a.m. and the Hario Community Center at 8:30 a.m. For more information, call 252-3433.

One final interesting observation about the Chinese cannons: Lieutenant Minick, the base public affairs officer at the time the cannons were discovered, showed me where several more cannons were located along the shoreline at Tategami Peninsula. Last year I took Tom Smith, our base cultural resources manager, to the site to show him the cannons in case they needed to be removed due to construction on that side of the base. Imagine our surprise when we discovered the remaining cannons have since disappeared!



Schedule for April 1-10

SHOWBOAT THEATER

TELEPHONE: 252-3822

Movie schedule is subject to change without notice.

FRIDAY, APRIL 1	SATURDAY, APRIL 2	SUNDAY, APRIL 3	MONDAY, APRIL 4	TUESDAY, APRIL 5	WEDNESDAY, APRIL 6	THURSDAY, APRIL 7	FRIDAY, APRIL 8	SATURDAY, APRIL 9	SUNDAY, APRIL 10
5 p.m. (R) *Pooh's Heffalump Movie	2 p.m. (R) Pooh's Heffalump Movie	2 p.m. (R) Are We There Yet?	6 p.m. (R) In Good Company	6 p.m. (R) Boogeyman	6 p.m. (R) The Wedding Date	6 p.m. (R) The Ring 2	5 p.m. (R) *Son of the Mask	*Heavy Federal Credit Unions FREE MOVIE DAY! 2 p.m. (R) Pooh's Heffalump Movie 5 p.m. (R) Robots 7 p.m. (R) Boogeyman 10 p.m. (R) The Ring 2 <small>* Limited time. Not valid on a cash booking. Ages restrictions apply.</small>	2 p.m. (R) Son of the Mask
7 p.m. (R) *Boogeyman	5 p.m. (R) Boogeyman	5:30 p.m. (R) The Wedding Date	8:30 p.m. (R) Hide and Seek	8:30 p.m. (R) Assault on Precinct 13	8:30 p.m. (R) Hide and Seek	8:30 p.m. (R) Coach Carter	7 p.m. (R) *Hotel Rwanda		5:30 p.m. (R) Hide and Seek
9:30 p.m. (R) *The Ring 2	7 p.m. (R) The Ring 2	8:30 p.m. (R) The Ring 2					10 p.m. (R) *Constantine		8:30 p.m. (R) Constantine
	10 p.m. (R) *Hide and Seek								

HARIO VILLAGE THEATER

TELEPHONE: 252-8753

FRIDAY, APRIL 1	SATURDAY, APRIL 2	SUNDAY, APRIL 3	MONDAY, APRIL 4	TUESDAY, APRIL 5	WEDNESDAY, APRIL 6	THURSDAY, APRIL 7	FRIDAY, APRIL 8	SATURDAY, APRIL 9	SUNDAY, APRIL 10
6:30 p.m. (R) Robots	2 p.m. (R) Robots	2 p.m. (R) Pooh's Heffalump Movie	NO MOVIES SCHEDULED	NO MOVIES SCHEDULED	NO MOVIES SCHEDULED	6:30 p.m. (R) Assault on Precinct 13	6:30 p.m. (R) Pooh's Heffalump Movie	2 p.m. (R) Are We There Yet?	2 p.m. (R) Pooh's Heffalump Movie
8 p.m. (R) Hide and Seek	6:30 p.m. (R) The Wedding Date	6:30 p.m. (R) Sideways				9 p.m. (R) Boogeyman	8:30 p.m. (R) The Wedding Date	6:30 p.m. (R) Alone in the Dark	9 p.m. (R) Alone in the Dark

ALONE IN THE DARK (R)

Starring: Christian Slater, Tara Patel, Stephen Dorf, Mark Acherson and William Sanderson

A detective of the paranormal, unexplained and supernatural, investigates the recent mysterious death of a friend. Clues lead him to "Shadow Island," bringing him face to face with bizarre horrors that prove both psychologically disturbing and lethal.

HIDE AND SEEK (R)

Starring: Robert De Niro, Dakota Fanning, Paolo Bonolis, Dylan Baker and Robert John Burke

A father discovers his 9 year-old daughter has come up with an unexpected and terrifying way of dealing with her mother's death through an imaginary friend. The daughter has an imaginary friend named Charlie and her father soon realizes that Charlie isn't make believe.

POOH'S HEFFALUMP MOVIE (G)

Starring: Brandy, Bethany, Jim Cummings, Keri Santorel, David Ogden Stiers and Jeremy Sumner

Pooh, Tigger, Rabbit and the gang from the Hundred Acre Woods go on an adventure in search of the mysterious Heffalump. They learn important lessons along the way.

THE RING 2 (PG-13)

Starring: Naomi Watts, David Duxson, Simon Baker, Elizabeth Perkins and Greg Kinnear

To escape her haunting memories, Rachel takes Aidan and moves to the small coastal community of Astoria, Oregon, to start fresh. However, Rachel's resolve quickly turns to dread when evidence at a local crime scene, including an unmarked videotape, seems eerily familiar. Rachel realizes that the vengeful Samara is back and more determined than ever to continue her relentless cycle of terror and death.

Premiere Feature

BOOGEYMAN (PG-13)

Starring: Barry Watson, Emily Deschanel, Skye McCole Bartusiak, Lucy Lawless and Robyn Malcolm

The story tells the haunting tale of a young man traumatized by memories of terrible events he experienced in his childhood bedroom and who, years later, reluctantly returns home to face his fears of a monstrous entity that could be real or merely a fragment of his imagination.



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with the new MWR

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• Showboat Theater
• Harjo Theater
• Travel & Tours Office

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1. All sales are final, no refunds.
2. Lost cards will not be replaced.
3. No cashback for used or unused admissions.
4. All other Cine-Pass holders (if any) are given priority.
5. All other Cine-Pass holders (if any) are given priority.
6. No cashback for used or unused admissions.
7. No cashback for used or unused admissions.
8. No cashback for used or unused admissions.
9. No cashback for used or unused admissions.
10. Cine-Pass is for use at the Showboat & Harjo Theater.

Luncheon offers more than a meal



A Master-at-Arms First Class (right), awards a Navy Exchange (NEX) gift certificate as a door prize to a Master-at-Arms Second Class during the Women's History Month Luncheon held at the Fleet Activities Sasebo (CFAS) Harbor View Club Monday, March 25. (Official U.S. Navy Photo by Photographer's Mate Third Class Yesenia Rosas)

Upcoming school, NJROTC events

NJROTC Inspection in Nimitz Park

On Tuesday, April 5, Fleet Activities Sasebo (CFAS) Chief Staff Officer (CSO), Cdr. Bernard Wang, will conduct the annual E. J. King Navy Junior ROTC (NJROTC) unit inspection. Starting at 8 a.m. and lasting most of the morning, all cadets will be engaged in a mass formation, inspection, drill demonstrations

and a "pass in review" in Nimitz Park. Further, cadet staff members will be briefing Wang that afternoon and conducting administrative and property/supply reviews at school. Parents and community members are cordially invited to attend the event.

E. J. King 2005-2006 Registration

On Monday, April 11, through Wednesday, April 13, E. J. King High School will be holding its re-registration for students returning for the 2005-2006 school year. Hours of operation will be 8 a.m. - Noon and 1 p.m. - 3 p.m. It is important that E. J. King knows how many students will be returning, as this figure can help determine staffing and resources for the school.

For returning students, sponsors need to verify and update all registration information. If your family has received extension orders, please bring a certified copy of those orders.

If your family's stay is

indefinite, please bring a letter from your command stating this.

As always, please notify the school registrar in the Student Affairs Office as soon as you know your family will be PCSing and provide the school with a copy of your orders as soon as you receive them.

In addition to re-registration activities, the school's bus office personnel will also be available to process bus registrations.

E. J. King High School faculty and staff encourage all of our family to take advantage of this convenient opportunity for re-registration.

Sasebo Elementary, Darby, E.J. King students to participate in 2nd annual Soroban Taikai

Beth Martin & Karen Nagata

Sasebo Elementary School Correspondants

Students at Sasebo Elementary School, J. N. Darby Elementary and E. J. King High School will be participating in the 2nd Annual Soroban Taikai, April 20 at the Harbor View Club. They have been learning to do math computation on a soroban (Japanese abacus), an ancient calculating device still being used today in schools and businesses.

Host Nation teachers Makiko Tanaka (Sasebo Elementary) and Megumi Fukui (Darby Elementary) as well as Karen Nagata (Soroban Club adviser), have been working with students to develop their skills. In addition to doing problems on the soroban, students are practicing mental arithmetic where they move beads on a mental soroban. Elementary students who will be participating are:

Grade 3: Bronson Meskimen, Courtney Haas, Mark Lauck, Micaela Llanda, Helena Harris

Grade 4: Jerica Nimedez, Sam Baker, Celyn Beato, Paul Asyn, Austin Strickland,

Grade 5: Camille Cucueco, Rachel Poluhowich, Alex Harrigan, Eli Deungria,



A Sasebo Elementary School third grade student practices the soroban. (Photo by Beth Martin)

Vanessa Morant,

Grade 6: Sophia Man, Naomi Filio, Alexandra Quijano, Angela Foo Jackson, Fabiola Figuer

Secondary students are in the process of being selected.

26 Japanese soroban teachers, members of Zenshurin Nagasaki Prefecture, will be assisting with the competition and will be providing awards and gifts. Special guests include Takashi Suyama, DoDDS Japan and Seth Renquist, Okinawa, who will be reading the Oral Computation problems (Yomiagezan). Three students and a teacher from Saikai High School in Sasebo will be demonstrating "flash anzan", the ability to calculate large numbers flashed quickly on a screen using a mental soroban!

Anyone interested in observing is invited to attend. Please contact the teachers for more information.

Commander named February's VOM...



Fleet Activities Sasebo (CFAS) recognized Cdr. Paul Macri as the Volunteer of the Month (VOM) for February, 2005.

Macri volunteered many hours of service to worthwhile community activities. He coached the E.J. King High School wrestling team, serving as an instructor and a mentor to the athletes. In addition to coaching the team, Macri raised money to fund a collegiate level wrestling camp, and brought in a renowned college level wrestling coach to teach the athletes Greco-Roman wrestling. The camp was enormously successful, even providing younger children the ability to get involved; introducing them to a sport they may choose to compete in later in their academic lives.

Macri's community involvement also included weekly trips to the Sei Fu En Children's Home to work with groups of Japanese youngsters in studying English, and general social activities, even teaching English to more advanced students at the Sasebo Library.

The VOM program recognizes the contributions of community members and expresses CFAS' appreciation for many hours of volunteer service, leadership and participation in community-oriented projects. (Photo by CMDCM (SS) William F. Lowmon)

Science, from Pg. 3

New field trips were scheduled this year, from Ibaraki Nature Park to the Geological Museum, students explored and learned about Japan and its wildlife after long days of presentations.

It was Jim Murphy's first year sponsoring this year's JSHS in E.J. King.

"I thought the program was exceptionally well ran by Dr. Vicky Prosser and Dr. Jane Lawson, who were the directors for the symposium.

It was a great idea to have everyone listen and see

other presentations, and have the same group of judges judge the projects," Murphy said.

At the symposium, the oral presentations were held in one main hall, instead of being divided into smaller rooms as in previous years.

According to Murphy, he saw excellent projects, and already has plans for next year.

"Next year, I want to get the science faculty involve with the participants, so they will have a more solid foundation in their research projects," Murphy said.



Fleet Gym 252-3588

Hario Gym 252-8691

Showtime finishes season with best record, claims title



Despite taking a shallacking at the hands of the Fort Mac Young Gunz at the end of season tournament, the Showtime handled the competition well this season. They finished with a 16-5 record,giving them the league championship. Here, a Showtime player (foreground) attempts a lay up on an Outlaw opponent. (left). Inset: An Outlaws player (left), guarding the a player from the Showtime, was named as league scoring leader. (Official U.S. Navy Photos by JOSN Jeff Johnstone)

Spring's here...Let's play ball!

Isiah Mincks
MWR Sports Athletic Manager

That's right, America's favorite pastime is about to start up in full force for the professional teams in the U.S. and Japan. Every year I am hopeful that this is the year my Mariners will win the World Series! I'm sure many of our own Sailors are hoping the same for their teams, regardless that we are 6,000 miles from the closest American Ballpark. What many of us seem to forget, however, is that we have our own batch of budding superstars and talent, right here in Sasebo. Yes, it's time for the upcoming Youth Baseball Season and Intramural Softball League to begin.

This week, let's discuss the dozens of young players, ages 5-14, with only a few coaches to coach them. For those not familiar with the system, our Sasebo youth are coached by volunteers.

Without volunteers, our youth will not get taught the proper fundamentals of baseball or the valuable lessons of sportsmanship and teamwork. Two hours of practice each week combined with one game a week adds up to 3-5 hours of a volunteer's time. Don't get me wrong, many of our volunteer coaches choose

to devote more time than that to the kids, but I am just talking about a minimum effort. Some of them aren't even married, let alone have kids. Yet season after season, the Youth Sports program struggles to fill necessary coaching slots.

What is needed to be a volunteer? Not much. Just a desire to contribute to the growth of a young individual's life. The desire to watch a 4-year-old put on a mitt for the very first time, and then teach them how to use it. The desire to watch an 8-year-old hit their first home run, and be there to congratulate them when they cross home plate. A desire to watch a 12-year-old turn their first double play, and pretend like they've done it a thousand times. And most of all, the desire to make a positive impact. An impact on the community, a parent and a child. All it takes is a phone call, and the desire to say, "I would like to coach youth sports." I assure you the experience will be a rewarding one, and you will never forget the smiles, the laughs, and especially the kids. The Youth program in Sasebo is looking for volunteer coaches as well Assistant Coaches for all age groups. If interested please contact Tony Benton, Youth Sports Director, at 252-8963.

Fitness Tip: A lesson on Strength training 101

Alec Culpepper
Fitness and Aquatics Director

You don't need to be a body builder to benefit from strength training. A well-designed strength-training program can provide increased strength of bones, muscles and connective tissue (the tendons and ligaments), decreasing the risk of injury.

Most adults lose about one-half pound of muscle per year after the age of 20. This is largely due to decreased activity. Muscle tissue is partly responsible for the number of calories burned at rest (the basal metabolic rate or BMR).

As muscle mass increases, BMR increases, making it easier to maintain a healthy body weight. As general strength increases, the effort required to perform daily routines will be less taxing. One set

of 8-12 repetitions, working the muscle to the point of fatigue, is usually sufficient.

Breathe normally throughout the exercise. Lower the resistance with a slow, controlled cadence throughout the full range of motion. Lifting the weight to a count of two and lowering it to a count of three or four is effective.

When you are able to perform 12 repetitions of an exercise correctly (without cheating), increase the amount of resistance to continue safe progress. An encouraging aspect of strength training is the fact that you'll likely experience rapid improvements in strength and muscle tone right from the start of your program.

Don't be discouraged, however, if visible improvements begin to taper off after a few weeks. It's only natural that, as your fitness level improves,

improvements in strength and appearance will follow at a slightly slower pace. To help keep your motivation up, find a partner to train with you. Aim to exercise each muscle group at least two times per week, with a minimum of two days of rest between workouts.

Machines and free weights are effective tools for strength training, and a combination of the two is generally recommended. Variety not only reduces boredom, but also provides subtle exercise differences that will enhance progress.

Research continues to demonstrate that strength training increases both muscle and bone strength and reduces the risk of osteoporosis.

A safe strength-training program combined with cardiovascular and flexibility training will give you the benefits of a total fitness program.

Update on Fleet Fitness group exercise classes

The following main base classes will be suspended due to instructors being on leave...
Fleet Fitness Group Exercise Class Suspension:
March 2 - April 18, 2005

Turbo Kick Boxing
Monday & Wednesday
5:30 - 6:30 a.m.

Total Body Conditioning
Tuesday & Thursday
8:30 - 9:30 a.m.

Multi Step Aerobics
Wednesday
8:30 - 9:30 a.m.
Instructor: Zee Herb

Total Body Conditioning
March 10 - April 18 2005
Tuesday & Thursday
5:30-6:30 a.m.

Mat Palates
Friday
5:30 - 6:30 a.m.
Instructor: Emily Baarson

Upcoming Sports

Spring Intramural Basketball League:
Season Begins: Monday, April 4
Event held in Fleet Fitness Center
Mandatory coaches meeting on Thursday, March 31 at 5:30 p.m. in the Fleet Fitness Center Office.
The league will run from April until the end of July.
Entries due: Wednesday, March 30.

Fitness Assessments
Tests on flexibility, strength, cardiovascular fitness.
Health risk appraisals for cancer, diabetes, heart disease, stress, and depression.
Stop by Hario or Fleet Fitness Centers for an appointment. \$10 for civilians, active duty free.

Winter Basketball Standings

Rank	Wins	Losses	Forfeits
1 Showtime	16	5	0
2 Outlaws	15	6	0
3 Wolfpack	5	10	0
4 Seabees	2	10	0

Flag Football (Top 4 teams)

Rank	Wins	Losses	Forfeits
1 Dragons	21	2	0
2 Hooligans	11	10	0
3 Guardian	6	6	0
4 Hitmen	6	14	0

